Building 90

Safety Meeting

12 January 2006

Agenda

- Meeting minutes, 12/14/05
- Review of open actions
- Topics of the Month: Avian Flu and Winter Safety
- Miscellaneous info
- Questions

Meeting Minutes

- **Sent via email, 16 DEC 2005**
- **Actions: None**

Avian Influenza (Bird Flu)

Avian Influenza Overview

- Occurs naturally among wild birds
  - When domesticated birds such as chickens, ducks, and turkeys become infected it has a very rapid mortality rate.
- Infected birds shed the influenza virus in their saliva, nasal secretions, and feces.
  - Susceptible birds become infected when they come in contact with contaminated secretions/excretions or with contaminated surfaces.

Infected Chicken

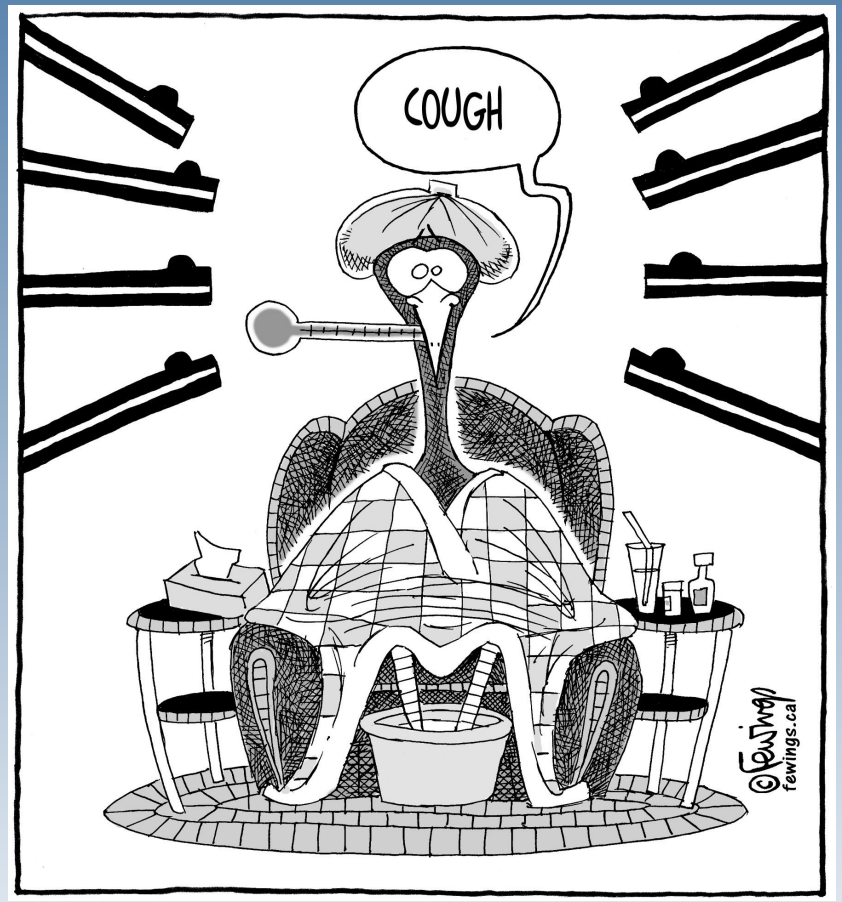
Overview Continued

- There are many different subtypes of type-A influenza viruses
  - Avian Influenza Viruses (AIV) refer to those subtypes found chiefly in birds
  - Subtype that has people most worried is H5N1
- More than 100 million birds in parts of Asia died or were killed in order to control an outbreak of H5N1 in late 2003 early 2004

Avian Flu and Humans

- Does not usually infect people but confirmed cases have been reported to the World Health Organization (WHO) since 1997 with more than 140 cases being reported since Jan. 2004.
  - Most of these cases have resulted from contact with infected poultry, however a few cases of human to human spread have occurred.
  - During recent outbreaks in Asia more than half of those infected have died. Most of these cases have occurred in previously healthy children and young adults.

Avian Flu and Humans



Although the spread from person to person has been rare, all flu viruses have the ability to adapt and change.

- Gene swapping
- This could potentially give rise to a new strain of the H5N1 virus that could be able to infect and spread easily from one person to another.
- Because these viruses do not commonly infect humans, there is little or no immune protection against them in the human population.

If this occurred an influenza pandemic (worldwide outbreak of disease) could begin.

Avian Flu and Humans

- There is no way to predict a pandemic, but experts are watching the situation in Asia and Europe very closely preparing for the possibility.
- Currently there is no commercially available vaccine to protect humans against H5N1; however research studies to test a vaccine to protect humans began in April 2005.
  - Studies done in laboratories suggest that prescription medicines approved in the U.S. should work in treating AI infection in humans.

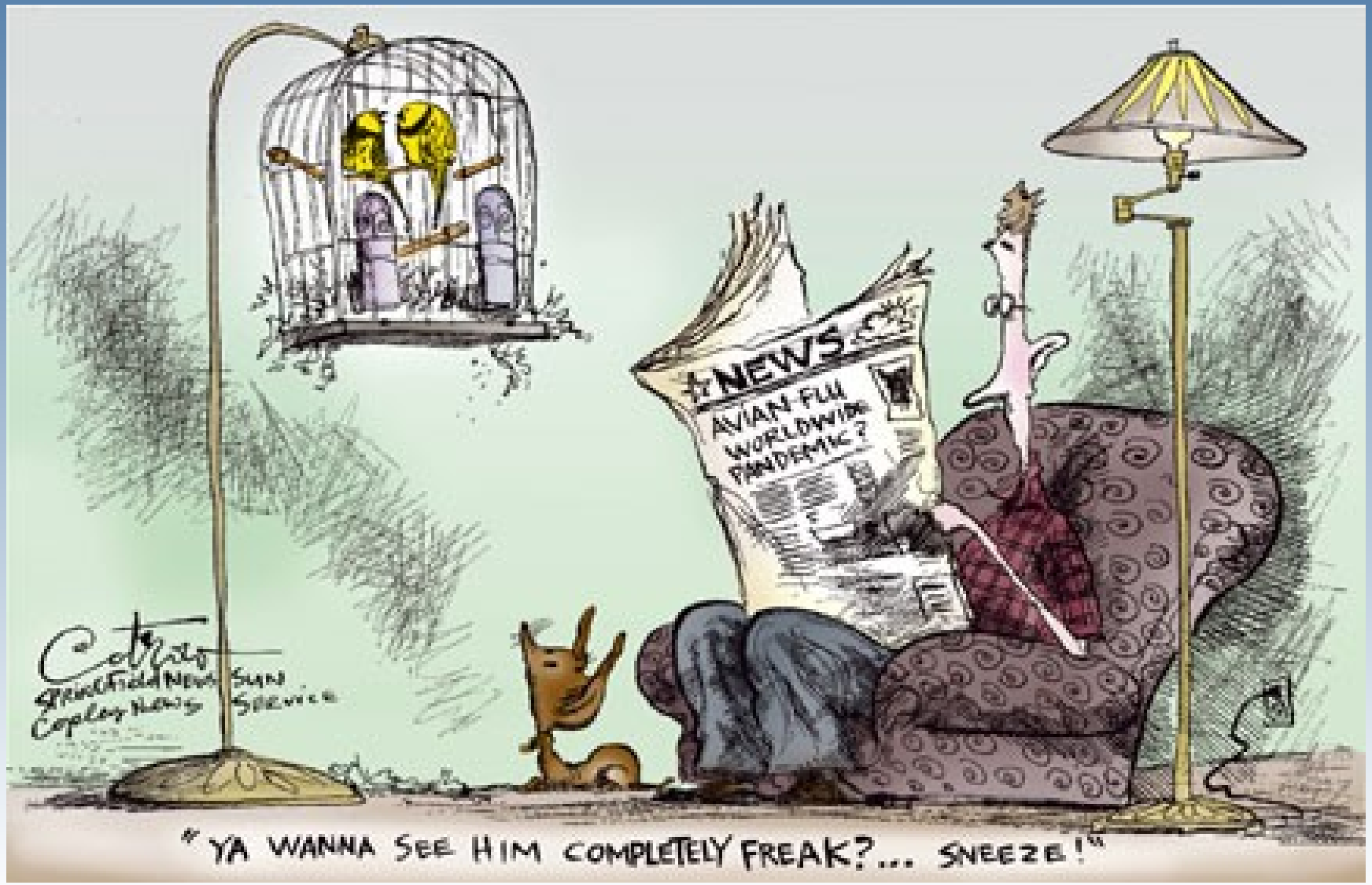
Safety Precautions

- No known cases in North America
- If some should occur:
  - H5N1 virus may not be transmitted to humans through properly cooked food.
  - Proper handling of poultry and poultry products is important.
  - A large number of human infections with H5N1 virus have been linked to the home slaughter and subsequent handling of diseased or dead birds prior to cooking.

Safety Precautions Cont.

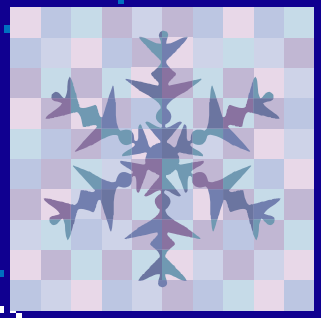
- Taking “normal” flu precautions can help too.
  - If possible receive a vaccination.
  - Wash hands frequently with soap and water or an alcohol-based cleanser.
  - Cover your mouth and nose with a tissue when coughing or sneezing.
  - Avoid touching your eyes, nose or mouth as much as possible.
  - Stay away from people who are sick.
  - Get regular exercise, enough rest and eat healthy balanced meals.

A little bird humor...



Winter Weather

Winter Weather



- Taking preventive action is your best defense against having to deal with extreme cold weather conditions.
- By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

Home Preparation

- House Checklist
  - Insulate walls and attic.
  - Caulk and weather-strip doors and windows.
  - Install storm windows or cover windows with plastic from the inside.
  - Insulate any water lines that run along outer walls (water will be less likely to freeze).
  - Service snow-removal equipment.
  - Have chimney and flue inspected annually.
  - Install an easy-to-read outdoor thermometer

Food and Safety Supplies

- Be sure to have a week's worth of food and safety supplies.
  - Drinking water (5 gallons per person)
  - Canned/no-cook food (bread, crackers, dried fruits)
  - Non-electric can opener
  - Baby food and diapers (if baby in the household)
  - Prescription drugs and other medicines
  - First-aid kit
  - Rock-salt to melt ice on walkways
  - Supply of cat litter or bag of sand to add traction on walkways
  - Flashlight and extra batteries
  - Battery-powered lamps or lanterns
  - Battery powered clock radio

Car Checklist

- Keep your car fueled and in good working order. Be sure to check:
  - Antifreeze
  - Windshield wiper fluid (wintertime mixture)
  - Heater
  - Brakes
  - Ignition
  - Emergency flashers
  - Exhaust
  - Tires (air pressure and wear)
  - Fuel
  - Oil
  - Brake fluid
  - Defroster
  - Battery
  - Radiator

Car and Emergency Supplies

- Prepare your car with emergency supplies. Be sure to include:
  - Cell phone; portable charger and extra batteries
  - Shovel
  - Windshield scraper
  - Battery-powered radio (and extra batteries)
  - Water
  - Snack food
  - Extra hats, coats, mittens
  - Blankets
  - First aid kit
  - Tool kit
  - Chains or rope
  - Tire chains
  - Canned compressed air with sealant (emergency tire repair)
  - Road salt and sand
  - Booster Cables
  - Emergency flares
  - Bright colored flag; help signs
  - Road maps
  - Compass
  - Waterproof matches and a can-to melt snow for water

Travel With Caution

- Listen for travel warnings.
- Avoid icy roads if possible.
- Use tire chains.
- Let someone know where you are going and when you expect to arrive. Ask them to notify help if you are late.
- Check and restock emergency supplies in your car before you leave.
- Never pour water on your windshield to remove ice or snow; the windshield may shatter.

Travel Tips

- If you are trapped in your car in a winter storm:
  - Stay in the car.
  - Do not leave the car to look for help unless help is visible within 100 yards.
  - Display a “call for help” sign.
  - Raise the car hood or hang a brightly colored cloth on the antenna to signal for help.
  - To keep warm, turn on the car’s engine for about 10 minutes each hour.
  - Run the heater only when the car is running.
  - Turn on car lights only when the car is running.

Travel Tips Cont.

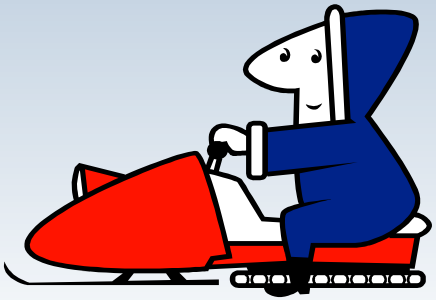
- Keep the exhaust pipe clear of snow.
- Open a window slightly for fresh air.
- Do light exercise to stay warm.
- If you're alone, stay awake as much as possible.
- If there is more than one person in the car, take turns sleeping.
- For warmth, huddle close together.
- Wrap your body and head with extra clothes, blankets, newspapers, maps, or car mats.
- Do not eat snow (lowers your body temp)

Emergency Broadcasts

- Know what winter storm warning terms mean.
  - Winter weather advisory
    - Expect winter weather conditions to cause inconvenience and hazards
  - Frost/freeze warning
    - Expect below-freezing temperatures
  - Winter storm watch
    - Be alert. A storm is likely.
  - Winter storm warning.
    - Take action. The storm is in or entering the area.
  - Blizzard warning
    - Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

Winter Sports/Recreation

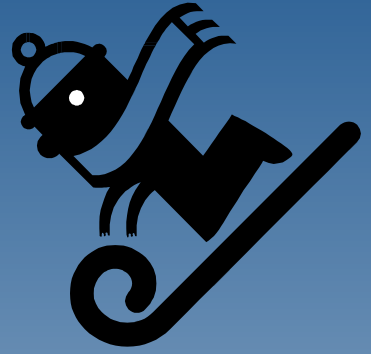
- **Be familiar with cold weather-related injuries and how to avoid and treat them.**
- **Know and explain the safety codes for your chosen winter sport (alpine skiing, snowboarding, snowmobiling, or sledding).**
- **Get in shape. You'll enjoy winter activities more if you're physically fit.**



Sledding

- The American Academy of Orthopedic Surgeons has pushed safety guidelines for sledding, and divided them into two groups.
- The first of which is labeled “essential”
  - Sled only in designated areas free of fixed objects such as trees, posts and fences
  - Make sure that all children in sledding areas are supervised by parents or adults.
  - Kids must sit in a forward facing position, steering with their feet or a rope tied to the steering handles of the sled.
  - Do not sled on slopes that end in a street, drop-off, parking lot, river or pond.

Sledding



- The 2nd set of rules is labeled “preferred.”
  - Children under 12 years old should sled wearing a helmet.
  - Wear layers of clothing for protection from injuries.
  - Do not sit/slide on plastic sheets or other materials that can be pierced by objects on the ground.
  - Use a sled with runners and a steering mechanism, which is safer than toboggans or snow disks.
  - Sled in well lighted areas when choosing evening activities.

Skiing and Snowboarding Tips

- Tips for prior to hitting the slopes
  - Obtain proper equipment.
    - Be sure to have your bindings adjusted correctly.
  - When buying skiwear, look for fabric that is water and wind resistant.
    - Be sure to buy quality clothing and products.
  - Dress in layers
    - If possible dress in polypropylene long-underwear.
    - Wear a turtleneck, sweater and jacket.
  - Wear a hat and gloves/mittens.
  - Wear sun protection.
  - Always wear eye protection.
    - Have sunglasses and goggles with you.

Skiing and Snowboarding Tips

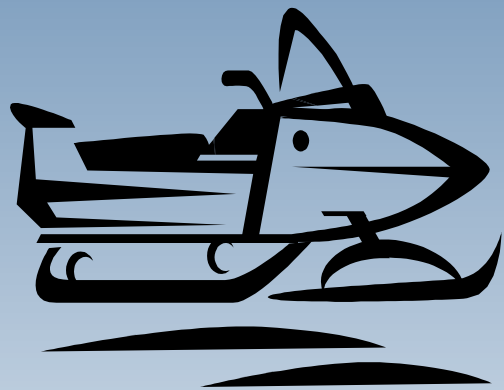
- Tips for while on the slopes.
  - Take a lesson from a qualified instructor.
  - Always maintain control.
    - Be aware of your technique, the terrain and the people around you.
  - Be aware of the snow conditions and how they change.
    - Begin a run slowly.
  - Skiing and snowboarding require a mental and physical presence.
    - Drink plenty of water. Be careful not to become dehydrated.
  - Curb alcohol consumption.
  - Follow the “Your Responsibility Code,” the seven safety rules of the slopes.

Your Responsibility Code

- Always stay in control.
- People ahead of you have the right of way.
- Stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill and yield.
- Use devices to help prevent runaway equipment.
- Observe signs and warnings, and keep off closed trails.
- Know how to use the lifts safely.

Snowmobiling

- **Always keep your machine in top mechanical condition.**
- **Always wear insulated boots and protective clothing including a helmet, gloves and eye protection.**
- **Never ride alone.**
- **Avoid, when possible, crossing frozen bodies of water.**
- **Never operate in a single file when crossing frozen bodies of water. Always be alert to avoid fences and low strung wires.**
- **Never operate on a street or highway.**
- **Always look for depressions in the snow.**
- **Keep headlights and tail lights on at all times.**
- **When approaching an intersection, come to a complete stop, raise off the seat and look for traffic.**
- **Always check the weather conditions before you depart.**



Some Holiday Fun…As If You Needed Any More

- See if you can pick out the safety concerns here…

- lights.wmv

Next Meeting

- **14 February 2006**
- **0900**
- **Caisson Room**

Questions?

Thank you!